



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

March 5, 2015

Culture Story Contest Winners

Meadowlark Hills hosted its second-ever Culture Story Contest this year. The purpose of this contest was to gather residents, family, staff and stakeholder's stories that speak to the uniqueness of Meadowlark Hills and how person-directed care has changed their thoughts on what it means to age. The winners of the two categories were announced at the March Town Meeting.

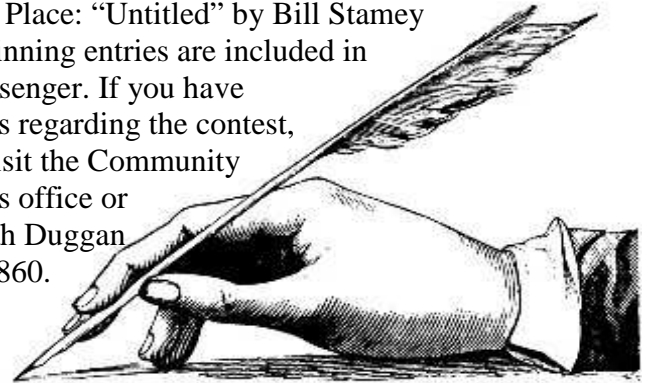
Winners of the Culture Story Contest: Staff Category

- 1st Place: "Untitled" by Janelle Cumro-Sultzer
- 2nd Place: "Untitled" by Alison Sharpe
- 3rd Place: "Meadowlark and the Manhattan Vortex or How I Discovered My Personal 'Fountain of Youth' was Fed by the 'Springs of Denial'" by Dave Zerfas
- Honorable Mention: "Culture Change Story" by Greg Brown

Winners of the Culture Story Contest: Non-Staff Category

- 1st Place: "Untitled" by Sylvia Murphy
- 2nd Place: "Untitled" by Bill Stamey

The winning entries are included in this Messenger. If you have questions regarding the contest, please visit the Community Relations office or call Sarah Duggan at 323-3860.



See Culture Story Contest Winners, page 9

PRAIRIE★STAR RESTAURANT



St. Patty's Day *Brunch*



Sunday, March 15
11 a.m. to 2 p.m.

Make your reservations by signing up for a specific seating time in the Blue Book located at the Hospitality Desk.

Cost: \$16.50 adults, \$8.25 children

FOUNDATION NEWS

February 2015 Gifts In Honor of

Bea Mullin
Alice Nichols
Toby Potter
George Given
Loyal Payne
Ralph Silker
J. Willet Taylor

Donations were made to the Good Samaritan Fund and Lyle House Fund.



Thank you for your continued support of the MLH Foundation and its mission.

The Meadowlark Hills Messenger is proudly sponsored by **The Trust Company**.

UPCOMING EVENTS & ANNOUNCEMENTS

KSU Men's Basketball Watch Parties

Enjoy refreshments and watch the KSU Men's basketball games in the Game Room at:

- 3 p.m. Saturday, March 7, against the University of Texas

Wine and Cheese Party

You are invited to sign up for a Wine & Cheese Party at 7 p.m. Friday, March 6, in the Community Room. Join us for good conversation, great wines and flavorful cheeses! The cost to attend is \$8. Please sign up in the Blue Book at the Hospitality Desk. Our guest of the evening will be Support Services Director, Annie Peace.

Worship for Shut-Ins

A new worship service called Worship for Shut-Ins is scheduled for the second Wednesday of every month. The first worship session will be at 4 p.m. Wednesday, March 11, in the Living Room. All are welcome.

Vespers Services

The Vespers service, led by the Rev. Larry Fry, will begin at 7 p.m. Sunday, March 8, in the Community Room. All are welcome.

Photography 101

Do you have an eye for photography? Want to learn more about what it takes to make beautiful prints? A new class about photography will be starting next week from 11 a.m. to 12 p.m. Monday, March 9, in the KSU Classroom. This photography class will be taught 11 a.m. to 12 p.m. every Monday through May 4. This class will be taught by two of the students currently living at Meadowlark Hills for their digital ethnography class. They will cover the fundamentals of photography, familiarize you with what it takes to create a good photograph, as well as become familiar with a camera. Each week, you will have the opportunity to get hands-on experience with cameras and take pictures to share with the class. You will learn a lot, and more importantly, have fun while doing so! Sign up in the Blue Book at the Hospitality Desk to register for this class.

Brownbag Lunch Lecture Series

Bring a lunch and watch a televised class presentation on "Hospice or Palliative Care" by Dolores Kitchen at noon Wednesday, March 18, in the West Conference Room. No registration necessary.



Lunch Specials

March 8-14

Hours: Monday—Friday, 8 a.m. to 5 p.m.
Saturday—Sunday, 9 a.m. to 3 p.m.

Sunday, March 8 – Chicken Noodle Casserole with Soup or Chips	\$5.50
Monday, March 9 – Philly Cheese Steak with Soup or Chips	\$3.75/\$5.50
Tuesday, March 10 – Loaded Baked Potato Soup with Side Salad	\$3.75/\$5.50
Wednesday, March 11 – California Club Wrapini with Pasta Salad	\$3.75/\$5.50
Thursday, March 12 – Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Friday, March 13 – Cuban with Fruit Salad	\$3.75/\$5.50
Saturday, March 14 – BLT Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

All-Campus Saint Patrick's Day Party



The Collins House Life Enhancement Team is hosting a Saint Patrick's Day Party! You're invited to attend the Irish celebration with food, fun and games at 3 p.m. Friday, March 13, in the Community Room.

Join the entire campus in this festive celebration! And don't forget to wear green!

Red Hatters Luncheon

Erin go Bragh! Or is it Eirinn go Brach? Rae Stamey and Becky Fitzgerald invite all Manhatters to delve into Irish lore and green foods at the March meeting of the Meadowlark Hills Red Hat Society chapter. Please wear your red hats and a bit 'o green, if you like, and meet Rae and Becky in the pub at 12:30 p.m. Thursday, March 12. You'll stop there to draw your seat assignment before proceeding to the Manhattan Room.

Meadowlark Hills's Red Hat chapter, known as the Manhatters, was formed about 10 years ago by a group of residents who wanted to join this social organization started in 1998 by a woman of a certain age in California. There are more than 40,000 chapters in the U.S. and 30 other countries. Participants generally wear red hats and purple outfits, and new members are always welcome. Please register in the Blue Book if you'd like to attend.

Meadowlark Hills Got Talent!

It's that time of year again to show your friends and neighbors just how talented you really are at the Meadowlark Hills Talent Show! The show will start at 7 p.m. Friday, March 20, in the Community Room.

Talented amateurs and skilled performers will gather to compete for the title of Meadowlark Hills' Most Talented. Bring your songs, poetry, artwork, comic routine or unique talent to share with the crowd. Acts are limited to a five-minute maximum.

A panel of judges will decide who the most talented Meadowlarkian is! The top three winners will receive a prize. Residents, employees and family members are invited to sign up to compete in the show. Sign up in the Blue Book at the Hospitality Desk if you would like to compete. Notify Mary Irsik at the Hospitality Desk of any set-up needs for your performance by Monday, March 16. Good luck!

Candidate for City Commissioner

Lieutenant General (Retired) Mike Dodson is a candidate for City Commissioner. After retiring from the Army, he served in overseas areas in the contracting business for the Department of Defense. He will speak at 3 p.m. Friday, March 6, in the KSU Classroom. He will be answering questions and discussing his positions on issues.

Orris and Charlotte Kelly are sponsoring this event. Mike is a long standing friend of the Kellys. Coffee and cookies will be served. All are welcome to attend.

Special Ambassador Committee Meeting

The next Ambassador Committee meeting will be 4 p.m. Monday, March 9, in the West Conference Room. This meeting will have refreshments and you will have the chance to meet and social with new Resident Services Leader, Monte Spiller.

Nurses Night Out

Meadowlark Hills is hosting a Nurses Night Out for all Meadowlark Hills nurses and nurses from the greater Manhattan Community. Our goal for the night is to show nurses just how wonderful working in a retirement community, especially Meadowlark Hills, can be.

This event will be from 5 to 8 p.m. Thursday, March 12, in the Manhattan Room, Kansas Room Pub and Game Room and will including an appetizer buffet in the game room. All nurses will receive a special Meadowlark Hills Nursing goodie bag. We encourage residents to join in the festivities and show the nurses how wonderful Meadowlark Hills is.

Chocolate & Tea

The 12th Annual Chocolate & Tea event is scheduled at 2 p.m. Sunday, April 12, at the Houston Street Ballroom (427 Houston Street, Manhattan). This event benefits the Manhattan Area Habitat for Humanity.

Enjoy an afternoon of fun including: silent and live auctions, chocolate fountain, coffee, tea, and treats.

Meadowlark Hills has 10 tickets to giveaway for this awesome event. If you are interested in attending, stop by the Hospitality Desk to get a ticket. The tickets will be first come.

UPCOMING EVENTS & ANNOUNCEMENTS

St. Patrick's Day Music

Come to the Game and Kansas Room & Pub at 4:45 p.m. Tuesday, March 17, to enjoy live music from instruments including bagpipes, fiddle, whistle, guitar, hammered dulcimer, bass, accordion and drums with songs and stories. Grab a drink and enjoy the holiday!



Day Trip to Hutchinson

Residents and Passport members are invited to come on a day trip to Hutchinson, Kan., for a tour of the Strataca Kansas Underground Salt Museum and lunch at Jillian's Italian Grill.

Transportation will depart for Hutchinson at 8 a.m. Tuesday, March 10, from the Village Entrance. After arriving, we will take a self-guided walking tour and then hop on the handicap-accessible tram Dark Ride.

The following items are not allowed underground: firearms, knives, pets, tobacco products or drinks. The following items are you can take underground: flashlights, cameras, purses, medicine & medical equipment, jackets, walkers, canes, scooters and wheelchairs. It will be 68 degrees underground so be sure to dress to stay warm.

After departing the museum, we will head to lunch at Jillian's Italian Restaurant and enjoy a lunch combo of soup or salad and choice of half a sandwich, half a pizza or half a calzone.

The cost of the trip will be between \$58 and \$65 per person depending on the number of people in attendance. This cost will include admission to the salt museum, lunch at Jillian's Italian Grill (including lunch combo, a beverage and gratuity) and transportation.

This trip is currently full, but you can sign up on the waiting list in the Blue Book at the Hospitality Desk. The cost of the trip will be added to your March finance statement that you will receive at the beginning of April.

March Focus Group

The Focus Group scheduled for March will once again spotlight a staff member. Attendees will have the opportunity to learn more about the employee, both on a personal and professional level. Every day staff is doing great things at Meadowlark Hills and this time will be used to hear more and ask questions.

The staff attendee for the March Focus Group will be Resident Services Leader, Monte Spiller. Come meet Monte at 10 a.m. Thursday, March 5, in the KSU Classroom.

Sunset Zoo Ambassador Presentation

Animals from around the world will come to visit at 7 p.m. Friday, March 13, in the Community Room. The zoo requested an estimate of attendees so please sign up in the Blue Book at the Hospitality Desk.

Meadowlark Hills Movement & Health (MH²) Challenge

The Meadowlark Hills Movement & Health Challenge will be a fun way to get some exercise, learn healthy eating habits and possibly prizes. The eight-week challenge will run from Monday, March 30, to Sunday, May 24. The challenge will encourage participants to be active, follow healthy eating guidelines and attend special activities during that time. Participants will be divided into teams of four, with each team consisting of two residents and two employees, and each team will compete for the grand prize as the most active team. The physical activity portion will challenge every participant to be active for 30 minutes (or more) at least five days of the week. Participants completing 30 minutes of activity will earn their team one point for each of the five days they do so, plus earn a one point bonus for reaching the goal. Your point total will be added to your teammate's points to determine which team wins the prize at the end of the eight weeks.

During the eight weeks, several special activities will be held to encourage exercise, educate participants about physical activity and nutrition, and give opportunities to win more prizes! The team with the most participation in these events and activities will win the Best Team award. In addition to the physical activity challenge, each week will bring a healthy eating challenge. Every participant that completes the week's goal will be entered into a drawing for a chance to win another prize. Random drawings will also be held throughout the eight week challenge, so if you haven't noticed yet, you have a lot of opportunities to win something just for working towards a healthy lifestyle!

Sign up for the MH² Challenge by Friday, March 20. Registration slips are at the Hospitality Desk and can be turned in there as well. After the registration deadline, teams will be created and announced at the MH² Challenge Kick-Off Party, which will be at 3 p.m. Friday, March 27, in the Community Room. The Kick-Off Party will be a chance to learn all the challenge rules, enjoy snacks and refreshments, collect tracking materials and ask questions. Feel free to contact Jeff Heidbrder at (785) 341-2995, with any questions.

UPCOMING EVENTS & ANNOUNCEMENTS

Art Discussion Series

The third Artist Discussion with the Beach Museum of Art will be about Henri Cartier-Bresson, a French photographer. Kim Richards, Education Assistant at the Beach Museum of Art, will be leading the discussion. She will also have examples of his work to share. This session is scheduled for 6:30 p.m. Wednesday, March 11, in the KSU Classroom. All residents who are interested are invited to participate.

March Birthday

A birthday was mistakenly left off the March birthday list. Current resident of Meadowlark Hills K-State student, David Dechant, has a birthday on March 18. Happy birthday David!

Kansas City Symphony at the Kauffman Center

Come travel to Kansas City's beautiful Kauffman Center for the Performing Arts to attend the Kansas City Symphony performance with Michael Stern, music director, conducting in the Helzberg Hall. You will arrive in time to attend the director's 1 p.m. pre-performance talk. After the symphony enjoy dinner on your own at your choice of three restaurants in the nearby historic converted Fright House: Lidia's (Italian); Jack Stack BBQ; and Grunauer (German).

This OSHER special event will depart from the Village Entrance on Sunday, March 8, at 9:30 a.m. and return around 9:30 p.m. The fee for the trip is \$70 which includes transportation, lunch and Upper Grand Tier tickets. Dinner is not included in the cost. Prior registration through Osher is required to attend this event.

Center on Aging Lecture Series—K-State Salina: Unmanned Aircraft Systems (UAS) Project

This Center on Aging next lecture series will be at 4 p.m. on Thursday, March 12, in the KSU Classroom. Trevor Witt is a student at K-State Salina majoring in an aviation program. His presentation will cover a brief history of our program, history of the technology, terminology (drone vs. UAS), different types of aircraft, different types of sensors, types of data collected and regulations.

Chair Yoga Canceled

Chair Yoga at 11:15 a.m. Thursday, March 5, is canceled.

Outdoor Encounters

The following people have volunteered to promote continued development of various areas of outdoor interest. They will contribute future Outdoor Encounter entries, lead excursions and training as interest justifies. They are also available to answer questions that you might have.

- Wildflowers—Sue Hunt, 539-6069
- Birdwatching—Ed Skidmore, 539-9477
- Fishing—Don Rasmussen, 537-8775
- Frogs, Toads & Turtles—Nathan Bolls, (575) 770-5103
- Corn Feeding—Don Rasmussen, 537-8775
- Worm Feeding—Don Rasmussen, 537-8775
- Bees—Annie Peace, 323-3868
- Butterflies—Bob Klemm, 537-0980
- Astronomy—Don Rasmussen, 537-8775



Sandra Emley's 80th Birthday Party

You are invited to the Community Room from 1 to 4 p.m. on Sunday, March 15, to celebrate Sandra Emley's 80th birthday. This celebration is hosted by Sandra's family. Stop by and celebrate Sandra's birthday! No gifts please. Refreshments will be served.

ASK ANNIE

Q: We have a male cardinal who keeps flying off a bush next to the house and bumping up against a nearby window. The question is why is he doing that? Is he trying to attract a mate or just showing off? Or, seeing his own reflection in the glass? He goes through this routine for at least 15 minutes twice a day.

submitted by Annie Peace

This one required some research and here is what we found. It's thought that birds hit windows because they see the landscape—trees, sky, clouds—reflected on the glass surface but do not realize that a hard, transparent surface lies between them and that apparent open space. Panicking birds, fleeing for cover to escape predators, are even more likely to fly into windows.

A related problem—more annoying than lethal—

occurs when birds attack windows. It usually occurs in spring, and is due to birds' urge to defend breeding territories. The male cardinal pecking at your window is likely fighting what he perceives as an intruding male—he doesn't understand that it's his own reflection. This territorial reaction may be so strong that the bird may exhaust himself, but it usually doesn't result in fatal injury. Thanks for another great question, please keep them coming.



LETTER TO THE MESSENGER

Did you know?

submitted by Sandra Emley

We are a rare Continuing Care Retirement Community that has so many opportunities and options for residents to be a true part of directing the organization. We have the opportunity to serve on the Board of Trustees for the organization, be a member of any of the many resident committees, be a representative on the Resident Council, or voice our questions, concerns or ideas to the staff or a resident council representative.

The Independent Living Resident Council is made up of representatives from each floor and neighborhood. Serving as the current chair for the Resident Council, I am able to participate first hand in the wonderful work all the representatives are doing of being engaged in the council and bringing forth what they are hearing from other residents. Although things may not always go the way we want or have the outcome that we desire. I believe that we have a staff that we can totally trust in making decisions that will benefit us all. I am certainly grateful for the opportunity to be involved.

“Appreciation is a wonderful thing; it makes what is excellent in others belong to us as well.”

-Voltaire

ANNOUNCEMENTS

My Mouse Has No Tail!

A free four part basic computer class will be held from 6:30 to 8 p.m. Wednesday, April 1, 15, 22 and 29, in the KSU Classroom. Meadowlark Hills Information Systems Leader, Will Gold, will be leading each class. The following are topics that will be discussed in the classes throughout the course:

- Learn the parts of a computer and how they work together
- Learn how to set up a computer and monitor
- Open and close programs
- Format and use basic Excel spreadsheets
- Format a new document in Microsoft Word (using templates, inserting pictures, making a poster)
- Using web browsers and search engines
- Getting around in Windows 7 and some Windows 8
- Downloading and organizing documents
- Learn basic computer maintenance
- Understanding internet safety and security
- Tips for avoiding scams and what to do if you think your computer is infected
- Create folders and directories
- Customize your desktop

The class size is limited, so please registered in the Blue Book at the Hospitality desk by Friday, March 20, to reserve your spot.

TOWN MEETING MINUTES

March 2, 2015 will be retiring in May of this year, and moving to Oklahoma with her family.

Welcome, Lonnie Baker

Introduction of New Residents, Sarah Duggan

New residents Betty and Martin Braaten introduced themselves. The Braatens live on the third floor.

Culture Story Contest, Sarah Duggan

Sarah introduced the winners for both the resident and staff categories of the Culture Story Contest. For the Staff category, the winners of the Culture Story Contest were as follows: Honorable Mention, Greg Brown; Third Place, Dave Zerfas; Second Place, Alison Sharpe, and First Place, Janelle Cumro-Sultzer. For the Non-staff category, the winners are as follows: Second Place, Bill Stamey; and First Place, Sylvia Murphy.

Campus Update, Lonnie Baker

Lonnie reminded residents that the budget for the next fiscal year is being finalized and that if residents have ideas for campus projects, to bring them to him soon. Lonnie also announced that starting monthly he and Rebecca Fitzgerald, Development Director, will be hosting a breakfast for new residents and Passport members. Those interested in attending breakfast should sign up in the Blue Book at the Hospitality desk.

Wellness Challenge, Jeff Heidbreder

Jeff announced a new Meadowlark Hills Fitness Challenge, (MH²), for both residents and employees to participate in. This will be an eight-week challenge, and participants will be split into teams of four, two residents and two employees. The challenge will run from Monday, March 30, to Sunday, May 24. During the eight weeks, there will be special activities held to encourage exercise, as well as educate participants about physical activity and nutrition. Sign up for the Challenge will begin March 2 and end March 20. Registration slips can be turned in at the Hospitality Desk. There will be a (MH²) Challenge Kick-Off Party at 3 p.m. Friday, March 27, in the Community Room.

Health Services Update, Garrett Lee

Garrett introduced Kelly Miller, the new Home Health Leader, as Penny Garber's replacement. Kelly and Penny will have months together for Kelly to be oriented to her new role as Home Health Leader. Penny

Social Service Update, Annie Peace

Annie introduced the new Food and Beverage Leader, Paul Bridges. Annie gave an update that the anthropology students will be changing their living arrangements due to the Sales Team selling more IL cottages. The girls will be moving to apartment 415, and the boys will be moving to 2003 Meadowlark Road, #4. Annie also gave an update about the turnout of the employee party that was held Feb. 20. It was one of the best attended employee parties in Meadowlark Hills history. There were over 250 employees that attended to play games, win prizes and socialize with fellow employees.

Community Relations Update, Sarah Duggan

Sarah introduced Monte Spiller as the new Resident Services Leader and Magye Loya as the new part-time receptionist at the Receptionist desk. Pam Reding announced that her last day at Meadowlark Hills will be March 17. Pam's husband accepted a job in Texas and they will be moving back home. Sarah announced that there will be another Meadowlark Hills apparel order beginning March 9. The new apparel will feature MLH 35th anniversary, and the color of the apparel will be green.

IL Update/Upcoming Events, Sarah Duggan

At 7 p.m. Friday, March 6, in the Community Room, there will be a Wine & Cheese Party, with Annie Peace, Support Services Director, as the guest of the evening. Animals from around the world will come to visit at 7 p.m. on Friday, March 13, in the Community Room. Please sign up in the Blue Book if you plan to attend! Stop by the Game Room and Pub on March 17 at 4:45 p.m. to enjoy live music from instruments including bagpipes, fiddle, whistle, guitar, hammered dulcimer, bass, accordion, and drums.

Thursday, March 19, there will be a trip to Barnes, Kansas for lunch at Our Daily Bread, and antique shopping at a couple of the local shops. The cost is \$8 per person, plus the cost of lunch. Sign up in the Blue Book if you wish to attend.

Friday, March 20, at 7 p.m. in the Community Room is the annual talent show – "Meadowlark Hills Got Talent!" hosted by Kinzie Jo Zimmerman. If you would like to sign up to perform, sign up in the Blue Book.

TOWN MEETING MINUTES CONT.

Will Gold, Information Services, will be offering a four-part class on the basic usage of computers. The class will be limited to 12 people and begins at 6:30 p.m.

Wednesday, April 1, in the KSU Classroom. Register in the Blue Book by March 20 to reserve your spot!

If you would like to go to lunch at Cracker Barrel restaurant in Junction City, on Thursday, March 26, sign up in the Blue Book. The cost of lunch will be pay on

your own, and there will be a \$7 charge for transportation. The lunch group will leave at 11 a.m.

Adjourn

Submitted by Kristin Bribiesca

RESIDENT COUNCIL MINUTES

February 2, 2015

Members present: Sandra Emley, Ruth Wells, Ivan Tompkins, Ed Skidmore, Jean Beatty, Don Rasmussen, Betty Grubb, Orris Kelly, Sharon Smith, Ed Lindley, Pat Vogt, Loren Alexander, Polly Ferrell and Janice Parsons.

Staff Present: Lonnie Baker and Sarah Duggan

Sandra Emley welcomed Meadowlark Circle resident Janice Parsons to the Council. She will be completing Bob Kruh's term.

Updates:

1. Campus Update: Lonnie Baker reported on the long range planning process in regards to what the market is currently and will demand in the future. The Sales Team currently has a waiting list for two-bedroom independent living apartments in the building; a change from a year ago when memory-support assisted living was the area in the highest demand. Additionally, Fort Riley is facing the possibility of cuts in the future and the federal government will host a Listening Session in Junction City at 3:30 p.m. Monday, Feb. 9. A decrease in troop numbers would affect the housing market, which would in turn affect independent living census numbers.

There have been a few staff transitions recently and some on the horizon. Lonnie shared that it is still the organization's priority to hire and keep good people and he is looking into leadership program opportunities to help support this goal.

2. Board of Trustees Update: Loren Alexander shared the newly finished History Booklet that was distributed at the Board of Trustees meeting. These are available at the Hospitality Desk, Human Resource office and the Community Relations office. A question about insurance coverage that is provided by Meadowlark Hills was asked. Lonnie will have Chris Nelson put together a presentation to better explain the coverage and how it applies to the personal property of residents.

Orris reported that the Personnel Committee met. He suggested that if residents are interested, they could send Tom Atwood a note thanking him for his time here at Meadowlark Hills.

Approval of December Minutes:

Motion to approve minutes was moved, seconded and passed unanimously.

Old Business:

1. Appreciation of contracted help: Sandra requested that a committee be formed to make a decision on this topic. This decision needs to be made between now and September. Pat Vogt agreed to chair the committee. Sharon Smith, Ed Skidmore and Ivan Tompkins will serve on the committee.

2. Frog Watching: Floor and Neighborhood representative gave the feedback from their suppers on the Frog Watching opportunity. There was little to no interest in all areas, except the Valley. One of the Valley residents said he could be a resource if a committee was formed to help answer questions and identify amphibians at the pond.

Additional Discussion Topics:

1. 4-H Community: Lonnie asked for feedback on how engaged the Council members think Meadowlark Hills should be with the local 4-H community. The Council recommended that we support the organization through special projects as the opportunities arise.

2. Choir Director: Sandy asked about the status of the search for a new Choir Director. Sarah Duggan informed the committee that she has some leads on potential directors. She will continue working through the application and interview process with these individuals.

RESIDENT COUNCIL MINUTES CONT.

3. Speedy Bumps: Betty Grubb reported that the issue of speed bumps came up at the most recent third floor meeting. The Building and Grounds Committee is currently working on this. Also, there was a concern about the inability to fit the chairs under the table, which would allow more room for people to maneuver in the Library.

4. Phone and Address Listing: It was suggested that the employee section of the Phone and Address Listing be changed so that each service area is group together.

There was also a request to distribute the organizational chart. Lonnie and Sarah will make these changes.

Questions and Concerns

No concerns at this time.

Identification of Action Items

See Table 1.

Adjourn

Table 1	Brief Description	Action to be Taken	Leader	Status
1.	Resident & Employee Phone Listing	Group each service area together in the staff section	Sarah Duggan	In Progress
2.	Choir Director	Search for replacement	Sarah Duggan	In Progress
3.	Contract Help Appreciation Committee	Make decision on recognition for contract help	Committee	In Progress
4.	Speed Bumps	Take to Building & Grounds Committee	Loren Alexander	In Progress

CULTURE STORY CONTEST WINNERS

Staff Category: 1st Place

“Untitled” by Janelle Cumro-Sulzter

Every morning I wake up and leave my home to come to my second home. I walk in the front door and people are doing exactly what I would be doing at my own home on any given morning. Some people are sleeping while others have been up since before dawn. Some people are up and getting ready for a day out on the town while others are sitting in their pjs drinking coffee in the living room. This could be me on any given day at my own home. Most days I do not feel like I am actually coming to work but more coming to my second home. My home away from home. I work in Tinklin Pointe.

One of my favorite days at Meadowlark Hills was one of the worse snow days in Manhattan. The roads were bad and we were having a hard time making sure staff was able to get into work. It was a hard and stressful day but a great day at the same time. In the afternoon we were having community circle to talk about the amount of snow and soon that turned into one of the ladies telling us all she loved to play in the snow but she had not been out in years. I asked her if she wanted to go now. Everyone looked at me like I was crazy, but I had an idea. She told me she wanted to go play in the snow but she didn't have any of the right snow gear. Another staff member and I bundled her up in all of the winter gear we had and we put on random gear. I had a surprise for her. I happened to know where a sled was kept on campus.

Within minutes we were out the door and into the cold, wet snow. I will never forget her smile when we went walking up the hill. She started to fall in the snow and grabbed onto me and pulled me down into the wet pile. She started laughing at me while I was lying on a pile of snow. We talked up the hill and pit the sled down. She knows exactly what to do as she climbed right onto the sled and tried to push her way down the hill. She got stuck so soon there were three of us trying to push her down the hill. I can still hear her laughing in my head to this day. She was having so much fun.

CULTURE STORY CONTEST WINNERS CONT.

Continued—“Untitled” by Janelle Cumro-Sulzter

After a while we decided it was time to come inside and to our surprise, we had a crowd of people who were watching us and how cocoa to welcome us back inside. She then went on for days to tell the story of her recent outside adventure. Her son thought we were crazy but was glad his mom had such a good time. This had been over a year ago and we still have the picture hanging in Tinkin Pointe. I get to look at this picture every single day and am reminded of what it really means to do whatever people want to do to make them happy.

That was the day I really understood what it must be like to age. Age is only a NUMBER AND WE SHOULD NOT DEFINE ANYONE BY A NUMBER. Age is not what is important; it is how you feel that is important. We should always ask people what they want to do and figure out a plan of how we can make things happen. I love working for an organization that not only allows but encourages us to do whatever people want to do. Working at Meadowlark Hills has changed how I view life.

Staff Category: 2nd Place

“Untitled” by Alison Sharpe

When I first applied to Meadowlark Hills over a year ago, I had completely sworn off working in a nursing home ever again. The last experience I had was in a traditional style long term care facility with long ominous hallways and centrally located nursing stations. The floors consisted of stained white tile, and the walls alone made it feel as if it were simply an institution for worn out bodies. There was no artwork; there were no warm friendly smiles. Meals were only serviced at specific times in a large, yet crowded dining area. The residents who needed a little extra assistance with eating were forced to sit in a separate dining room.

The hall I worked on consisted of residents that needed the most assistance and healthcare, but also had the least employees. There were often only two total nurse's aides for over 25 residents that needed assistance with every activity of daily living. As I moved through the motions each and every day, I realized my only goal was how I could become faster and more efficient in my caregiving. I had quickly become a machine, void of human emotion. None of my duties included quality time with residents or helping them to make their own decisions. Every decision, from waking up to eating to bathing, was programmed for the residents with the sake of time in mind. They had no say in anything. I began to get the feeling that employees that worked there for a long amount of time looked at the place more like a zoo than a place for older adults as they became tired or slightly confused. Other employees did not speak with residents as if they were their own kind. It was as if the long life they had lived and everything they had accomplished meant nothing to them.

Needless to say I had to get out of there, I only lasted one summer. That place made me question so many things about long-term care that it sparked a passion inside me to figure out a way to make it better. I then began working towards a secondary major in Gerontology at K-State and doing my own research on Culture Change facilities. I was delighted to see that there were other people out there who had witnessed traditional nursing homes and knew there had to be better ways to care for our older generations as well. Through my research I learned about Person First, Culture Change, and newly developing nursing facilities that are focusing on the “home” aspect more than the “institution” aspect. It was so exciting to me to see these changes occurring. Then, in class one day learned that there was a Culture Change facility right here in Manhattan, called Meadowlark Hills, and it just so happened I was looking for a job!

I applied right away and got an interview shortly after that. I still remember the first time I walked in and all of the design and artwork inside the building just immediately made me feel a sense of warmth and comfort. I witnessed employees smiling and talking with residents more as a friend would do than an assistant. I knew I had to work for them. I was so excited when I was hired and even more excited when I began orientation where I would learn about Meadowlark's amazing Person First philosophy. It was so reliving to witness a place that allowed their residents to make their own decisions, and it showed too. I saw happiness in every resident. It was especially evident in all of the social relationships residents had with each other and all of the constant activities going on. Just walking down a hallway, it was amazing to see that residents were not left in their rooms to their own devices, but instead were out and about, participating socially and mentally. It seemed so natural and best of all it felt like a home.

CULTURE STORY CONTEST WINNERS CONT.

Continued—"Untitled" by Alison Sharpe

I have had the pleasure of working in couple of different households and experiencing varying aspects of the Meadowlark Campus. I can say one thing is certainty; Meadowlark Hills saved my negative outlook on long term care and has instilled an incredible hope within me that long term care can be revolutionized and made to better serve their guests. Older generations have given us so much, it only makes sense to know provide them with the best care, amenities, freedom, and most of all a sense of community and purpose. Meadowlark Hills does an amazing job of this and I feel so blessed to have played a small part in the spectacular culture Meadowlark cultivates within its walls and within the community.

Staff Category: 3rd Place

"Meadowlark and the Manhattan Vortex or How I Discovered My Peronsal 'Fountain of Youth' was Fed by the 'Springs of Denial'" by Dave Zerfas

On Friday, November 23, 1963, shortly after 12:30 p.m., I was standing in the doorway of John and Mary Roberts' house on Montgomery Street. My family lived a block over on Hunting Avenue – These neighbors practically swarmed with us "Baby Boomer" kids. Lunch hour was over and it was time to walk back up the hill for afternoon classes at Lee Elementary School; I had stopped by to join the three Roberts boys for the journey. We also attended St. Luke's Lutheran Church together – in fact, the church pastor lived next door to the Roberts. Their backyard was level and rectangular, where so many wild kid football games had taken place. The "field" also adjoined the backyard of our mortal enemies, the AKL Fraternity house.

The midday TV broadcast at the Roberts' house was interrupted by the news: President John F. Kennedy had just been shot in Dallas, Texas. Our world changed quicker than we could have imagined.

Fast forward to 2012: The Game Room at Meadowlark Hills. I was refilling my iced tea when Mary came up to me and said, Rob turns 60 this year and so do you!" Taken back, I foolishly replied, "No, not this year." For the next few days I kept redoing the math, getting the comforting sum that I would be 59 that summer.

A week or so passed, then the veil slowly lifted as my wife confirmed (with a smirk on her face) that I indeed would turn 60 in July. None of my other "big" birthdays phased me, but this one did.

Meadowlark Hills, while many things to different people, for me is – in a large way – an album of my life growing up in Manhattan, Kansas. My mother lives at Meadowlark, and in her household Helen Fairbanks (our neighbor four doors down the street) also lives. Durkee, Wheat, Westmeyer, Lindley, Brewer, McNair, Roberts, Friedmann, Roper, Roach and more – all are parents of my schoolmates and all have become my friends as well. Fellow driver Greg Brown always gets chuckle when I tell him we have just brought another former Sunday School teacher of mine to Bramlage House.

Copies of several litho prints in the hall by Meadowlark offices used to also hang in our home. I feel the circle spinning round as I simply walk to Verna Belle's to get a sticky bun. With my mom in Honstead, I pass her window and get close to the glass (to beat the glare) and give her a wave, happy that her headphones are on and she's deep in a gritty detective Talking Book. It's a big house – the family is spread out, but connected.

Examples surround us here of how to accept and live life as it hurtles forward, maybe through some sage advice from a resident, or the quiet strength displayed when the journey has gotten very serious and is drawing to an end. Not all of these examples are stoic and positive, but these are our lives and only we live our own. As a younger man, the divide between me and the "elders" seemed vast: They kept changing, aging, passing, while I was just "being".

My father passed at age 70; that seemed old to me then. Now, at 62, it frightens me to think that only eight years ahead is my own 70th.

The constant circling of all our lives here, both residents and staff, moves forward unabated. Loss, gain, improvement, setback, laughter and tears. Someone leaves, someone arrives. In this village on the hill, life is compressed. It can show you how to live and "deal with it," or not. Listen, watch, learn and give back. No guarantee you'll do any better than anyone else here. But there is also no better place from which to learn.

There is a line in a song our band plays, "Who is that stranger that confronts me in the mirror?"

Maybe it's time I got more acquainted.

CULTURE STORY CONTEST WINNERS CONT.

Staff Category: Honorable Mention

“Culture Change Story” by Greg Brown

My story begins at an ending. Have you ever walked through your empty house as you're moving, looking to see if there is anything you missed packing, getting a little nostalgic..... Remembering. As I walked through the empty halls of Wharton Manor that was the feeling that settled over me, the end of a lot of memories in a special place, and on the horizon a new life and new way of doing things that seemed a little scary. I had never been in Life Enhancement before, and tomorrow, not only was I going to start in Life enhancement with Ptacek House at Meadowlark Hills, but we were all forging a new way of life. How do you go from a traditional nursing home to one that honors people's choices? From a structured regimented lifestyle to one that was more spontaneous? I was sooo intimated and so scared!! I remember the first few weeks as being a real feeling out process, not only for the staff, but also for the residents. At first no one wanted to come out of their rooms much, it was a major adjustment. I don't mind saying that I was pretty pathetic at first! I kept trying to think of good ideas for life enhancement, but wasn't coming up with much. Learning circles were poorly attended, and the residents in general didn't want to do much. Finally the residents started talking about missing seeing some of their friends in other households, and as a team we found it was important to incorporate some community type events, some of the things they enjoyed doing before. We started hosting a Bingo every Wednesday in Ptacek House.

I still was feeling rather down and failure seemed to be looming. There was a phrase that people kept talking about that really helped me. “Life is the activity”. I began to try to think along those lines. There was one person in our house that completely rescued me. I'll refer to her as LA. LA was a fun loving soul. If everyone else in the house didn't want to do anything, she ALWAYS was looking for something to do. I really got close to her over that first year she was so fun! She also had a partner in crime DG who wasn't near as motivated, but liked doing things with LA.

There were a few memories that stood out to me that first year. During a learning circle we had decided we wanted to do a house BBQ. LA said she wanted to be in charge of the potato salad; she had a tried and true family recipe, with a special secret ingredient. She sent me off to the store with instructions to buy like 6 jars of miracle whip, and sweet gherkin pickles. If we could have had a video the next day of us gathered around the table trying to put together deviled eggs, potato salad, and cake, it would have been hilarious. We started out with deviled eggs and did ok with that, eggs were shelled and cut up not a problem. Sandy our homemaker was a big help. When we got started with the potato salad things got interesting. I found out LA's secret ingredient was pickle juice. So after we had out all the ingredients in, LA said this doesn't taste right, needs more miracle whip. No, now it needs more pickle juice. No, now it needs more salt. After all was said and done, we needed more potatoes to tone down the miracle whip! Sandy quickly made some potatoes and threw them in for us. We had enough potato salad to feed a small army! Then we still were going to make a cake, we were all so tired and ready to be done with it. DG was stirring the dry ingredients, and I don't remember exactly how she did it, but she got a little wild and she spilled flour all over herself. Looking at her covered head to toe with flour struck a funny bone, and LA started laughing, then all of us started laughing and we were all so tired we just couldn't stop! We were laughing so hard it hurt! It was fun. Another memorable time we had together was in the fall when we were decorating for Halloween. WE had decided to put together a Mr. and Mrs. Scarecrow couple to sit in the chairs in front of the house. We got ahold of some jeans and a flannel shirt somehow, LA was holding the pants and putting the stuffing in while the other of us were crumpling up old newspapers and handing them to her. I had intended that we would kind of talk about what some of their traditions were for Halloween, when they were raising kids. LA always sat rather slouched in her chair and while we were talking she kept stuffing paper and stuffing paper and stuffing paper in the pants and shirt! It was getting huge! Finally she started busting up laughing, because this thing looked so hilarious! After we all had a good belly laugh, with tears rolling down, we finally finished it I think. You know, the funny thing is, I don't remember the finished product, I don't remember what it looked like. It wasn't what we were doing that was important or memorable it was having fun together and having a good laugh. The relationships are what you remember, and the crazy little things that happen when you are doing life. I began that year wondering if I was going to make it through, but that was one of the most rewarding experiences in my life. Looking back now, I wouldn't trade it for anything.

CULTURE STORY CONTEST WINNERS CONT.

Non-Staff Category: 1st Place

“Untitled” by Sylvia Murphy

Person directed care in the culture of Meadowlark Hills means that staff and non-staff take time to not only know each other but to love one another. Care is more accurately given and accepted in a caring environment. Choices are made without stress and may lead to less disease. Aging in such a culture then is not to be feared but embraced as a culmination of friendships and opportunities.

Specific examples can be shared specifically from the entire community coordinating a location for our daughter's baby shower in the community room, the lovely luncheons at Prairie Star Restaurant, Verna Belle's each and croissants or seones, sandwiches and soups, daily church services. Volunteers as well as all staff who greet guests and residents with cheerful helpfulness.

Thank you for the opportunity to get the experience the “alive” culture of Meadowlark Hills.

Non-Staff Category: 2nd Place

“Untitled” by Bill Stamey

Let us all hear a resounding cheer to applaud the efforts of Meadowlark residents and employees who assist other residents. I especially commend anyone who helps new residents, to be able to join in ably and enthusiastically to activities that brighten the days and nights of the people who call Meadowlark home. As nearly 7 year residents, Rae and I have seen old friends move into Meadowlark, and we have made new friends here. We have observed that some have a difficult time integrating into the life of our community. A casual observer walking the East-West, first floor corridor might not suspect that the room which is labeled “Manhattan Room” is more commonly called “the pub”.

My mother and her aunt, my great aunt, each lived their final days in nursing homes in their respective home cities. I visited each of them and tried as best I could to observe the kind of care they received and the types of facilities they occupied. In the culture of those 1950's and 60's days it was probably as satisfactory as there was. Neither was of a person Meadowlark Hills standard. Neither had anything that looked like our Manhattan Room. Each of my maternal forebears would have been shocked to have encountered any such facility.

Not all current Meadowlark residents frequent the Manhattan room, but some regularly join other when the facility opens under the congenial watch of Gus the bartender. There are regular participants in the 4:30 PM six days a week opening. Almost all join some others alter to go next door to the Prairie Star dining room for the evening meal. I choose not to consume alcohol. Gus willingly serves me a nonalcoholic beverage and I enjoy the company of others in the pub.

If my mom had been an active participant in one of the churches that founded Meadowlark Hills, no telling what clauses might have been inserted into the charter. There might still even be opposition to our pub.

Certainly Bob and Evelyn Hawley helped to make the surroundings extremely attractive. The succession of bartenders enhance the pleasantness of congenial MLH residents enjoying pre-supper beverages.

DRINK SPECIAL



March 9 to 14
Lucky Leprechaun

1 oz Midori Melon Liqueur
1 oz Malibu Rum
6 oz Pineapple Juice

\$3.75

Joke of the Week

When a man has a birthday
he may take a day off. When
a woman has a birthday she
may take as much as five
years off.

PRAIRIE★STAR

RESTAURANT

March 8 – March 14

Includes beverage, starter and dessert.

Hours: Sunday, 10:30 a.m. to 7 p.m.

Monday—Saturday, 10:30 to 8 p.m.

SUNDAY	March 8 ~ Lunch \$12	Dinner \$13
	Roast Turkey & Gravy with Sausage Sage Dressing Vegetable of the Day	Coconut Shrimp Rice Pilaf Vegetable of the Day
MONDAY	March 9 ~ Lunch \$10	Dinner \$13
	BBQ Brisket Sandwich Potato Salad Choice of Vegetable	Sweet & Sour Pork Chinese Noodles Vegetable of the Day
TUESDAY	March 10 ~ Lunch \$6	Dinner \$13
	Taco Bar (does not include drink, starter or dessert)	Chicken Marsala with Polenta Vegetable of the Day
WED.	March 11 ~ Lunch \$10	Dinner \$12
	Ham & Asparagus Rolls with Mornay Sauce Rice Pilaf	Swiss Steak Mashed Potatoes with Gravy Vegetable of the Day
THURSDAY	March 12 ~ Lunch \$8	Dinner \$13
	Hamburger & Hot Dog Bar (does not include drink, starter or dessert)	Linguini Grilled Chicken, Artichoke Hearts, Sun Dried Tomatoes, and Toasted Almonds Tossed in a Creamy Lemon Parmesan Sauce with Garlic Toast Vegetable of the Day
FRIDAY	March 13 ~ Lunch \$10	Dinner \$15
	Tuna Casserole Choice of Vegetable	Caesar Orange Roughy Roasted Red Potatoes Vegetable of the Day
SATURDAY	March 14 ~ Lunch \$10	Dinner \$15
	Philly Sandwich French Fries	Steak Night Baked Potatoes Vegetable of the Day

*You may substitute an extra vegetable for the starch on any special for no additional charge.

Grosh Cinema Movies

Sunday, March 8 - Saturday, March 14
Show Times: 1, 4 and 7 p.m., Monday – Saturday
2 and 6 p.m., Sunday

Sunday, March 8 – What's Eating Gilbert Grape (1993)

Gilbert has to care for his brother Arnie and his obese mother, which gets in the way when love walks into his life.

Co-starring: Johnny Depp, Leonardo DiCaprio, & Juliette Lewis

Rated PG-13; 1 hr. 58 min.

Monday, March 9 – About Time (2013)

At the age of 21, Tim discovers he can travel in time and change what happens and has happened in his own life. His decision to make his world a better place by getting a girlfriend turns out not to be as easy as you might think.

Co-starring: Domhnall Gleeson, Rachel McAdams & Bill Nighy

Rated R for language and some sexual content; 2 hrs. 3 min.

Tuesday, March 10 - The Descendants (2011)

A land baron tries to reconnect with his two daughters after his wife is seriously injured in a boating accident.

Co-starring: George Clooney, Shailene Woodley & Amara Miller

Rated R for language including some sexual references; 1 hr. 55 min.

Wednesday, March 11 – Finding Forrester (2000)

A young writing prodigy finds a mentor in a reclusive author.

Co-starring: Sean Connery, Rob Brown, and F. Murray Abraham

Rated PG-13; 2 hrs. 16 min.

Thursday, March 12 – The Simple Life of Noah Dearborn (1999)

A man who lost his family in the September 11 attack on New York City runs into his old college roommate. Rekindling the friendship is the one thing that appears able to help the man recover from his grief.

Co-starring: Sidney Poitier, Dianne Wiest & Mary-Louise Parker

Rated PG; 1 hr. 25 min.

Friday, March 13 – Zookeeper (2011)

A group of zoo animals decide to break their code of silence in order to help their lovable zoo keeper find love -- without opting to leave his current job for something more illustrious.

Co-starring: Kevin James, Rosario Dawson, & Leslie Bibb

Rated PG; 1 hr. 42 min.

Saturday, March 14 – The Nut Job (2014)

An incorrigibly self-serving exiled squirrel finds himself helping his former park brethren raid a nut store to survive, that is also the front for a human gang's bank robbery.

Co-starring: Will Arnett, Brendan Fraser & Liam Neeson

Rated PG ; 1hr. 25 min.

This Week's Opportunities March 8 - March 14

SUNDAY • MARCH 8

Breakfast at Verna Belle's—Omelets with Fruit

9:30 a.m. ~ Coach Departs for Kansas Symphony at the Kauffman, VE

10:00 a.m.~ Church Service, CR

2:00 p.m. ~ Movie, GC

6:00 p.m. ~ Movie, GC

7:00 p.m.~ Vespers, Rev. Larry Fry, CR

MONDAY • MARCH 9

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

Dental Hygiene Clinic (By Appointment Only), Miller Spa

9:30 a.m. ~ Seated Strength, CR

10:20 a.m.~ Weights 101, CR

11:00 a.m. ~ Photography with Kelly & Katherine, KSU CR

11:15 a.m. ~ Sit and Be Fit, CR

11:30 a.m. ~ Meadowlark Valley Lunch, LR

12:00 p.m.~ Beginner Tai Chi, CR

12:00 p.m.~ 1st Presbyterian Men's Luncheon, MR

1:00 p.m.~ Blood Pressure Clinic, GR

1:15 p.m. ~ Parkinson's Exercise Class, CR

1:30 p.m. ~ Hearing Aid Doctor, CON

1:30 p.m. ~ Ladies Pool Table Time, BP

2:15 p.m. ~ Parkinson's Voice, KSU CR

2:45 p.m.. ~ MLH Singers Practice, CR

4:00 p.m. ~ Special Ambassador Committee, CON

7:00 p.m.~ Community Bingo, CR

TUESDAY • MARCH 10

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

8:00 a.m. ~ Depart for Day Trip to Stratata Kansas Underground Salt Museum, VE

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m. ~ Chair Yoga, CR

12:00 p.m. ~ Seven Dolors Book Discussion, LR

1:00 p.m. ~ Tai Chi, CR

3:00 p.m. ~ Coffee Corner, CR

4:00 p.m. ~ Newspaper & Bible, LR

5:30 p.m. ~ 4th Floor Supper, MR

WEDNESDAY • MARCH 11

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

8:00 a.m. ~ Centering Prayer, TR

9:00 a.m. ~ New Perspectives, MR

9:00 a.m. ~ Building & Grounds Meeting, LR

9:30 a.m. ~ Seated Strength, CR

10:00 a.m. ~ Church Service, KSU CR

10:00 a.m. ~ Memory Support Group, CON

10:20 a.m. ~ Weights 101, CR

11:15 a.m. ~ Sit and Be Fit, CR

12:00 p.m. ~ 2nd Men's Club, LR

2:00 p.m. ~ Beginner Tai Chi, CR

1 to 2 p.m. ~ Fitness Center Office Hour, FC

1:30 p.m. ~ Pitch, GR

3:00 p.m. ~ Call Hall Ice Cream, KR

3:00 p.m. ~ 3rd Floor Meeting, CR

4:00 p.m. ~ Worship for Shut-Ins. LR

6:30 p.m. ~ Artist Discussion with Beach Museum of Art, KSU CR

7:00 p.m. ~ Woodwinds Anonymous, LR

7:00 p.m. ~ LWV Board Meeting, CON

THURSDAY • MARCH 12

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

9:00 a.m.~ Messenger Ladies, KSU CR

10:00 a.m. ~ Meadowlark Bible Study, MR

10:00 a.m. ~ Great Decisions, LR

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m. ~ Chair Yoga, CR

12:30 p.m. ~ Red Hat Luncheon, MR

1:00 p.m. ~ Blood Pressure Clinic, GR

2:30 p.m. ~ Gerontology Class, CR

3:30 p.m. ~ Dementia Support Group, CON

4:00 p.m. ~ Center on Aging Lecture Series (K-State Salina: Unmanned Aircraft Systems), KSU CR

5 to 8 p.m. ~ Nurses Night Out, GR, KR & MR

7:00 p.m. ~ IL Bingo, CR

FRIDAY • MARCH 13

Breakfast at Verna Belle's—Waffle or Pancake

9:30 a.m. ~ Seated Strength, CR

10:20 a.m. ~ Weights 101, CR

11:15 a.m. ~ Sit and Be Fit, CR

1:00 p.m. ~ Hand and Foot Card Games, GR

1:15 p.m. ~ Parkinson's Exercise Class, CR

1:15 p.m. ~ Parkinson's Caregivers Support Group, LR

1:30 p.m.~ Brain Booster, GR

3:00 p.m. ~ St. Patrick's Day Party Hosted by Collins House, CR

7:00 p.m. ~ Sunset Zoo Ambassador Presentation, CR

SATURDAY • MARCH 14

Breakfast at Verna Belle's—Omelets with Fruit

9:30 a.m. ~ Painting for Fun, KSU CR

1:00 p.m. ~ Movie, GC

4:00 p.m. ~ Movie, GC

7:00 p.m. ~ Movie, GC

• ROOM ABBREVIATIONS •

BP, Billiards Parlor

CR, Community Room

CON, Conference Room

FC, Fitness Center

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CR, KSU Classroom

LB, Library

LR, Living Room

MR, Manhattan Room

MCR, Miller Craft Room

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WS, Woodshop